



## Self Awareness

*Becoming familiar with your tendencies (strengths and weaknesses) can allow you to better prepare and make progress. Consider the following qualities, where do you fit? How could you begin to make progress?*

### A self-inventory

Creativity

Adventurous

Dependability

Organization

Assertiveness

Consideration of others

Emotional

Are there other areas that you think are important?

In what areas would you like to make progress?